



Volunteer's Voice

November 2020

Mammoth Hospital Auxiliary is a fellowship of volunteers dedicated to supporting each other, the hospital, its patients and the community.

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Treasurer's Report

Diane Beglau

September 1—30, 2020

Revenue:

Cast Off	17,558.59
Rental	1,218.29
Membership	65.00
Donation Jar	82.00
Interest Income	1.31

Total Revenue: 18,925.19

Expenses:

Cast Off	7,368.73
Cancer Outreach	500.00
Administration	109.00
Scholarship-Plum	6,000.00
Volunteer's Voice	25.69

Total Expenses: 14,003.42

Net Income: 4,921.77

Union Bank: 8,432.71

Money Market: 30,555.43

EasternSierraCommBk 57,846.86

Our Cast Off income is still going strong considering we were open only open 8 days this month. By allowing 25 customers in the store, we can see an increase in sales.

President's Message — Karen Curry

All of the trees in town and all along the Sherwins are beginning to display their beautiful fall colors and what an amazing sight they are. Of course, they are much prettier on a crystal clear day, which are few and far between these days! Depending on the direction of the wind, the Creek Fire is providing our town with a thick layer of smoke, constantly reminding us how close the fire is!

I trust in all of the Fire experts who are watching this Fire very closely and I have followed daily reports. We have six giant helicopters stationed at the airport along with an entourage of

support vehicles, fuel trucks, pilots and their crews.

We have rolled into the shoulder season with fewer and fewer visitors and it's nice to have our town back. Of course, smoke and forest closures off and on have got to have an effect on tourism. Mammoth Mountain plans to open on November 15th so hoping for cooler weather and some natural snow! Even during this shoulder season, the Cast Off is doing well on the two days we are open. So, everyone stay safe and healthy and I will see you at the Cast Off!

Karen

While Thanksgiving is still a few weeks away, people hoping to connect with family are already making anxious plans — and if they aren't, they should be, public health experts say.

The most stress-filled travel holiday of the year has taken on whole new dimensions with the emergence of the COVID-19 pandemic. How do you safely get from point A to point B? Does the state you're traveling to require you to quarantine for two weeks on arrival or does your home state expect you to quarantine for two weeks on your return? How many people can one safely invite? And what to do about Uncle Frank, who dismisses the disease as a "scamdemic" and won't wear a mask?

If you are going to get together with family or friends for Thanksgiving, health officials say the gathering should be small. Try to keep it to less than 10 people and try to make sure everyone is healthy. It should be made up only of people who share your philosophy about taking precautions to avoid contracting the virus.

If you are traveling, do your homework now. Find out the rules for your destination and the least risky way to get there. Plan outdoor events, if the weather allows. Wear masks as much as possible. Shorter trips will likely be easier than longer ones. Driving may be safer than flying, mainly because of behavior in airports rather than on airplanes. Flying is pretty safe because of the cleaning measures airlines are taking. Many are filtering the air and making masks mandatory. What may be a little more challenging is the pre-boarding process, such as taking a taxi or ride-share to the airport, security lines and just being in the airport.

Remember: If cases surge to new heights after Thanksgiving, that may put Christmas and other December holiday gatherings in peril.

Hospital News — Tom Parker, CEO



Incident Management Team—COVID-19: As of October 6, we have not had a single exposure to COVID that has been linked to the hospital. All COVID positive employees have been linked to a household contact or other employment. At this time, we have <1% of our workforce not working/on a reduced schedule due to childcare challenges, quarantining due to a household or other exposure, and/or COVID-19.

All supplies for C19 incident management including PPE remain at or above our goal of 60 days of surge supply on hand.

The visitor policy was updated to allow up to three people to be designated as allowed visitors to inpatients with only one of the three allowed to visit at any one time. Expecting mothers are now also allowed a visitor during ultrasound exams.

Hospital Incident Management Team—Creek Fire: Last month we also stood up another HIMT to handle the Creek Fire risk. During a weekend of expected high winds and an accompanying risk of the fire moving quickly to the east, elective procedures were postponed in order to reduce the number of inpatients who may have been subject to evacuation. The HIMT is monitoring the progress of the fire keeping in mind Management Action Points that have been established by CAL FIRE. Ehren Goetz once again acted as our PIO and worked closely with the Joint Incident Command communications team.

September Financial Results: Total Gross Revenue of \$10,955k is \$93k lower than August and \$419k higher than September of last year. Net Gain in September was \$266k, down from the August net gain of \$633k and higher than last September's New Gain of \$34k. Year-to-date Net Gain is \$1,440k (7.7% Total Margin) compared to last year at this time of \$1,445k (7.8% Total Margin).

Physician Retention: The MEC is formulating plans for improving physician retention and mentoring for new staff members. With the turnover in Family Medicine and

Women's Health, the feeling is there needs to be a more proactive approach. For recruitment, we are working on a formalized plan for how physicians are brought on as staff members.

Pathology Processing: We are now working on an agreement with UCLA for their pathology sample processing. With only a single cysto-tech on site, this can be an issue when he is sick or out on vacation. The UCLA agreement provides economical, but high quality, specimen mounting and quick turnaround to Dr. Payton, our pathologist.

Smoke: The Facilities team has been working to help remediate our severe smoke problems caused by the Creek Fire. All air intakes at the Mammoth Hospital campus as well as at the Bishop clinic have had activated carbon pre-filters added to them. In addition, the large HEPA filters in our HVAC systems also had additional carbon filters added to help mitigate circulated smoke in the ducting. Finally, we located large, industrial-class, mobile HEPA filters in various areas of the facility, like the Emergency Department, which is particularly prone to smoke infiltration. To better handle this current crisis and to handle future smoke seasons, Facilities and the Infection Control Officer have developed a policy and protocol to guide our facility remediation efforts. Work is ongoing to set up automated alerting of poor air quality and the response has been planned out so that we address all the potential issues.

Elevate Program: The Elevate wellness program has launched under Population Health. We will be using MindBody software to schedule and coordinate groups and classes offered by the organization.

Day of Golf: The Mammoth Hospital Foundation had to cancel this year's Brian Venneman Day of Golf due to unhealthy levels of smoke, however we were still able to raise almost \$40,000 for the cancer outreach fund. We typically raise around \$50,000 so we are very grateful for the sponsors that allowed us to keep their donations. This fund is utilized to help provide financial assistance to patients that need to travel out of town for cancer treatment.



Sunshine Update — Sharon Clark

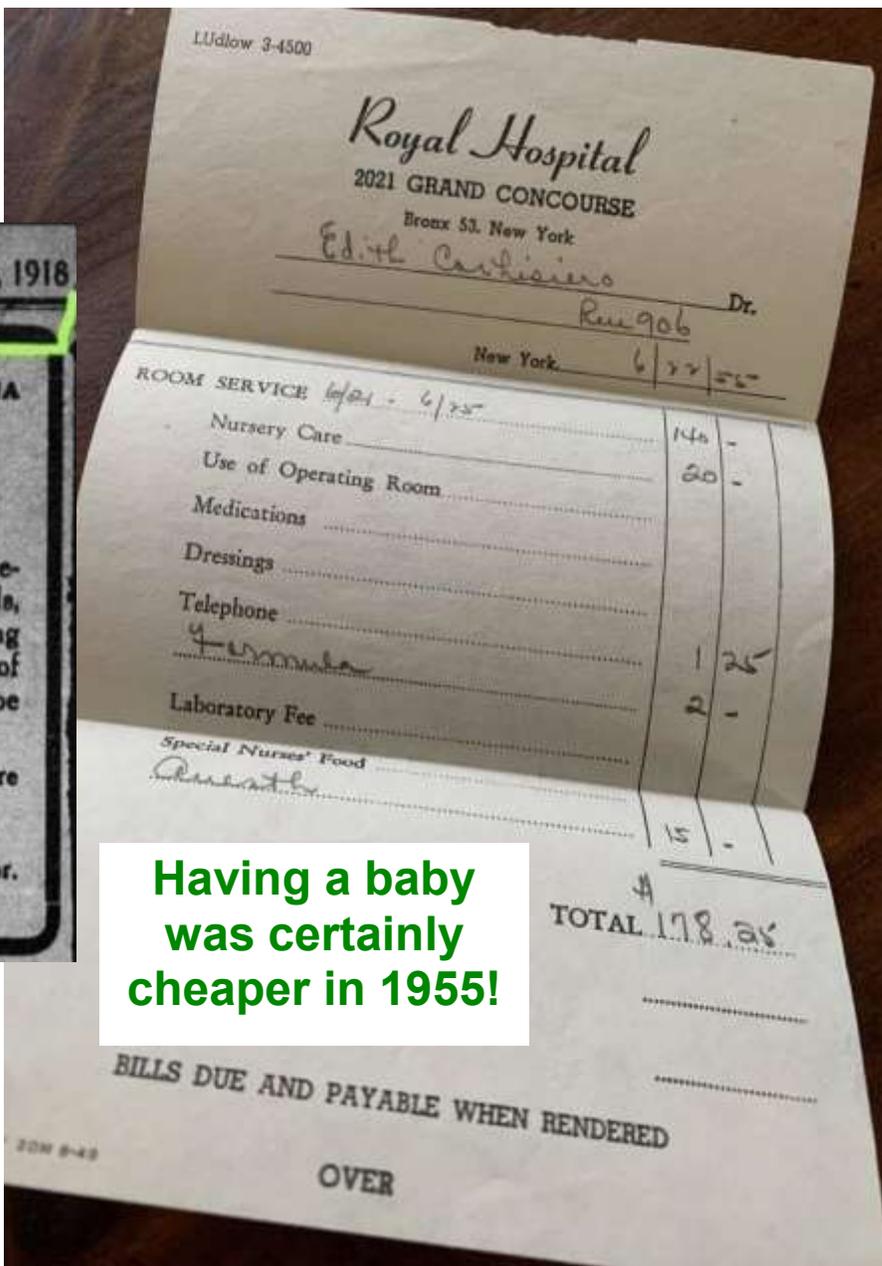
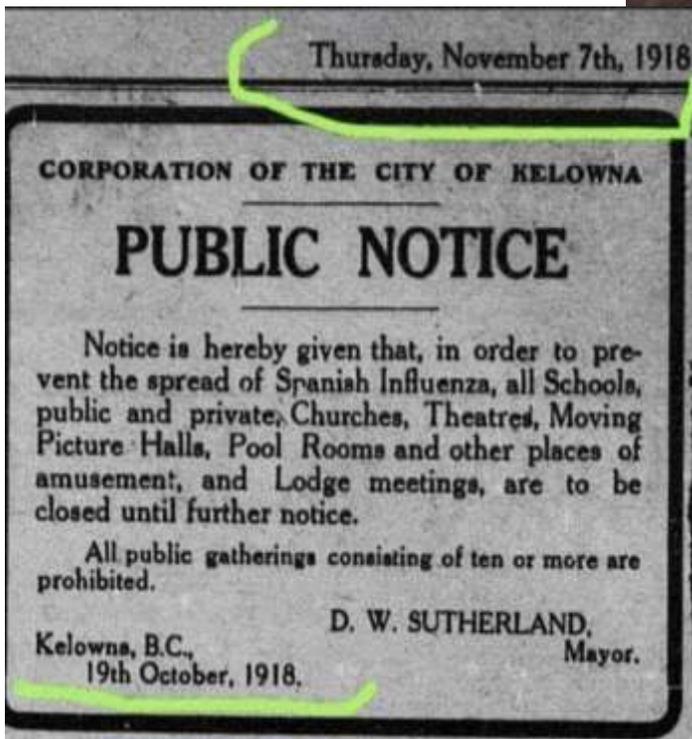


We all send our sympathy and condolences to Cindy Wilson and her family. Cindy's mother had surgery and was unable to overcome post op complications. Mothers are very special so we know you're hurting, Cindy. You are in our prayers, we're thinking about you and we're missing you.

Mary Ann Schimmel had an accident over a month ago and is still not 100%. She *says* she's feeling fine...just a little dizzy at times. Unfortunately, her incision is not healing as quickly as she had hoped so she is taking antibiotics. When outside air allows, she takes walks. When the air is unbreathable, she just eats. Don't we all~~!!

The layer of smoke/ash began about Sept 5. Since I couldn't go outside, I decided it was a good time to get my useless knee replaced. Sept 15, Karch gave me a total new left knee. For the next 2 weeks, I lived on root-beer floats, Percocet, old movies (original "Sabrina" and "ET" excellent) Time, phone calls or whatever. I said 4 letter words a lot during exercises assigned by PT. Thank goodness, by week 3, I was able to do "front door duty" for 2 hours at Cast Off and my desire to live actually returned. I'm up to 5 hrs at the door now and thoroughly enjoy seeing, elbowing and visiting with fabulous CO Volunteers. IF you decide to have major surgery: be sure you have a good reading lamp and phone close by, old movies and plenty of reading material. You, too, will eventually return to the "land of the living."

Everything Old is New Again!



Having a baby was certainly cheaper in 1955!

What's Happening @ the Cast Off?



Cast Off Update — Karen Curry

Since the Cast Off reopened in June, our procedures for store operations have changed due to COVID. We must adhere to certain protocols to keep our volunteers safe as well as our customers. Because some of our members cannot work during this time, we have limited volunteers, so we can only open our doors two days a week, Saturday and Tuesday.

All clothing, linens, pillows, etc., and “soft” goods, must sit in quarantine for 72 hours. Donations are now stored in our showroom, taking up half of that space! All other “hard” goods are sanitized with a solution containing alcohol. Electronics also must sit and be sanitized. This process is now done outside and then cleaned items go on a cart, moved inside and priced.

We had a “pop-up” tent to shield us from the hot sun during the summer but this has been suspended due to cooler weather. Once winter approaches, this whole operation will move inside. We’re trying to figure out where and how we will accomplish this!

We have extended store hours, 10 until 3, and limit customers to 25 at any given time. We have a volunteer stationed at the front of the store to make sure customers wear a mask and sanitize. And, throughout all of these months, our volunteers persevere and happily show up to work so hard, just to keep the Cast Off open!



Tuesday Report — Shannon Clark

We have had good cooperation with volunteers but the smoke-filled air has made it difficult to continue. Hopefully things will be clearing up by the end of October or early November. Kudos to Linda Bucknam, Carolyn Cook, Patti and Al Heinrich, Gail O’Sullivan, Gisela Sellinger, Karen Dagan, Shannon Clark, and Dick Baggett for keeping things

going through COVID-19 restrictions. Sharon Clark had a knee replacement and at 3 weeks recovery she is coming in to sit in our foyer and greet customers from 10 to 1 on Tuesday and Saturday. Now that’s dedication! Big, big virtual hugs to you Sharon! We have also had help from the young Mormon volunteers Kevin Allred and Ryan Baird. We appreciate you!

Saturday Report — Karen Curry

Saturdays are always our biggest day and it can run very smoothly when we have enough volunteers. But, this past Saturday was not one of those days. There were only three of us in the back room, dealing with receiving donations, sanitizing, pricing and emptying carts. In the mix, furniture also was received and sold! Besides me, there was Gail and Joanne. Suzanne came in at lunchtime, pitched in and really lifted our spirits! The smoke was really thick that day and it was difficult being outside for hours with such bad air quality. So, we made a decision around 1:30 to shut the operation down and stop receiving donations. We finished our job inside and Gail commented how this is how it will be when winter comes! Also working that day were Lorrie and Gisela, our fabulous cashiers, and Sharon, just weeks recovering from a knee replacement, as our friendly greeter at the front of the store. Everyone gave it their all, thank you!

Sewing Group — Shannon Clark

Our current group consists of Linda Bucknam, Shannon Clark, Dale Fulkerson and Shirley Parker. A huge thank you to you for continuing to sew potholders for our Cast Off! Linda is now our leader and organizer when she is in town (through October). She and Dale have taught Shirley to sew and she has made mostly fabric Kleenex holders but will be branching out to make potholders this winter. They are all fantastic workers.

Katie’s Korner — Patti Heinrich
Katie’s sales for August \$568 and September \$791.

SAVE THE DATE!

- Mark your calendar for Wednesday, December 9.
- We are trying to put together a COVID
- -safe version of our annual Christmas
- luncheon. Tentatively it would catered
- with seating in the large, open sales
- area of the Cast Off with plenty of
- room for social distancing. More info
- in next month’s newsletter.



A Story with a Happy Ending—Karen Curry

Last Saturday was a big day, as usual, receiving enough donations to fill half of the showroom. On Sunday evening, I received a call from Sara Knadler, with news that a man had dropped off donations and something was in there that was not intended for us! A girl named Kelsea Glendy was frantic and was hoping we could find the item. It was described as a black and orange box containing a carafe and metal wine glasses. Sara texted me Kelsea's contact information and I told her that we would look for it on Monday!

On Monday morning, Carolyn separated the bags and boxes in the showroom, looking for the box. No box! I called Kelsea and asked her to come over. She came and looked through some of the donations, then we all looked through the store. No box!

I worked on Tuesday and all volunteers were on board looking for the box. When I sat down to lunch, I gazed upon a box sitting under the table in the kitchen. It matched the description so I took a picture of it. I immediately texted the photo to Kelsea and she confirmed that it was her carafe and wine glasses! She was ecstatic when she picked them up. Pretty neat when you can reunite something accidentally donated to the Cast Off to its rightful owner!



Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever.

We call those people cops.

Thanks sooo much to Suzanne Nottingham for catching this negative Facebook review!!!

What is the point of not allowing people to try on clothing? Geez. You might as well not allow anyone to touch anything. Get real folks. How does that make any sense at all? Tried to shop there today. Told I could not enter if I did not use THEIR sanitizer. So, now we have not only mask nazis, but sanitizer nazis. I will not donate to or shop at the cast off again. None of your policies'hre legal, and none of you can think reasonably. And, wait for it, I will also be filing a formal complaint against the store, and the door bouncers with the ADA! So, there !And I don't care if this post is deleted. In fact, I expect to be. And I don't care if this post makes you angry. All of you nutzoo crazies make every one else angry."

WOWEE!!! How about we take a different angle in our response? We certainly don't want to join her level!

So Judy graciously thanked her on Facebook for acknowledging that we are doing a great job following the COVID guidelines for safety!

Hi unhappy customer,

Thank you for pointing out what a terrific job that the Cast Off is doing in achieving and following the Rules & Guidelines that the Town of Mammoth Lakes, Mono County & our local Health Department have issued. We are very proud that we are protecting our Community & our Volunteers by following these Guidelines & Rules.

Congratulations to our Community & Volunteers for caring & respecting each other.

*Thank you,
The Mammoth Hospital Auxiliary & the Cast Off*

In life,
it's important to know
when to stop arguing
with people and simply
let them be wrong.

www.YourPositiveOasis.com

WE SHOULD START REFERRING TO 'AGE' AS 'LEVELS', SO WHEN YOU'RE LVL 80 IT SOUNDS MORE BADASS THAN JUST BEING AN OLD PERSON.



Happy Birthday!

Birthdays for November

- 11/1 Gail O'Sullivan
- 11/3 Sarah Rea
- 11/4 Carolyn Balliet
Don McPherson
- 11/6 Alisa Beglau
Suzy Jackson
- 11/10 Kat Beglau
- 11/13 Suzanne Conklin
- 11/14 Joanne Hunt
- 11/30 Penny Bourne



Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not try to blame others. However, upon reflection, we would like to point out that it was **NOT** senior citizens who took:

- The melody out of music,
- The pride out of appearance,
- The courtesy out of driving,
- The romance out of love,
- The commitment out of marriage,
- The responsibility out of parenthood,
- The togetherness out of the family,
- The learning out of education
- The Golden Rule from rulers,
- The nativity scene out of cities,
- The civility out of behavior,
- The refinement out of language,
- The dedication out of employment,
- The prudence out of spending,
- The ambition out of achievement or God out of government and school.

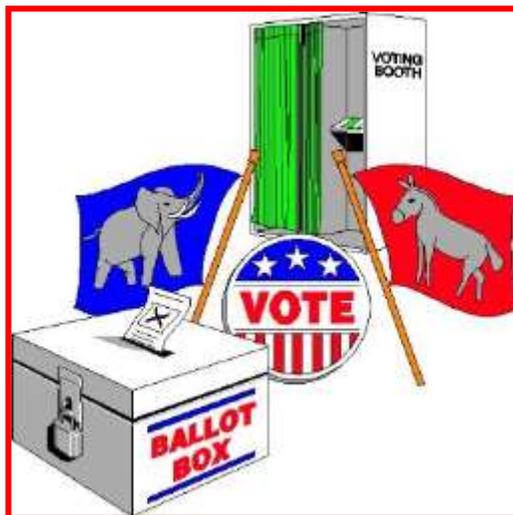
And we certainly are **NOT** the ones who eliminated **patience** and **tolerance** from personal relationships and interactions with others! And, we **DO** understand the meaning of patriotism, and remember those who have fought and died for our country.

On the other hand:

- I'm the life of the party, even if it lasts until 8 p.m.
- I'm very good at opening childproof caps, with a hammer.
- I'm awake many hours before my body allows me to get up.
- I'm smiling all the time, because I can't hear a thing you're saying.
- I'm sure everything I can't find is in a safe secure place, somewhere.
- I'm wrinkled, saggy, lumpy, and that's just my left leg.
- I'm beginning to realize that aging is not for wimps.

**Spread the laughter — Share the cheer
Let's be happy while we're here!**

U. S. General Election Day



Mammoth Hospital Auxiliary Bylaws say that we “shall not participate in or intervene in any political campaign (including the publishing or distribution of statements) on behalf of, or in opposition to, any candidate for public office.” That does not preclude us from encouraging our members to get out and vote on Tuesday, November 3! It's your right and duty as an American citizen.

The U.S. General Election is held on the first Tuesday AFTER the first Monday in November. Therefore, by definition, it will never be on the first of November. Once every four years, we get the opportunity to elect a new president. Every six years, we elect our U.S. senators. U.S. congressmen are elected every two years. This allows us to retain good elected officials, and overturn those whose performance is poor, or whose beliefs do not match the majority of the people of this wonderful country. While Democracy may not be perfect, it's better than any other type of government on the planet. And, it offers us freedoms and safeguards that do not exist in many other countries.

Our founding fathers had the wisdom to create a government of the people, by the people, and for the people. It is every American's right and privilege, to vote for our government officials. So, exercise your right on this day to vote for the candidate of your choice. While apathy and discontent can creep into even the best of societies, that makes it even more important for us TO VOTE. Please exercise your inalienable right and go out and vote!

Thought for Today: Why do Americans choose from just two people to run for president, and 50 for Miss America!?

Why do men's clothes have buttons on the right while women's clothes have buttons on the left?

BECAUSE: When buttons were invented, they were very expensive and worn primarily by the rich. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right! And that's where women's buttons have remained since.

Why are zero scores in tennis called 'love'?

BECAUSE: In France, where tennis became popular, the round zero on the scoreboard looked like an egg and was called '*l'oeuf*,' which is French for '*the egg*.' When tennis was introduced in the US, Americans (naturally), mispronounced it '*love*.'

Why do ships and aircraft use '*mayday*' as their call for help?

BECAUSE: This comes from the French word '*m'aidez*' - meaning '*help me*' - and is pronounced, approximately, '*mayday*.'

In golf, where did the term '*Caddie*' come from?

BECAUSE: When Mary Queen of Scots went to France as a young girl, Louis, King of France, learned that she loved the Scots game 'golf.' He had the first course outside of Scotland built for her enjoyment. To make sure she was properly chaperoned (and guarded) while she played, Louis hired cadets from a military school to accompany her. Mary liked this a lot and when she returned to Scotland (not a very good idea in the long run), she took the practice with her. In French, the word cadet is pronounced '*ca-day*' and the Scots changed it into '*caddie*.'

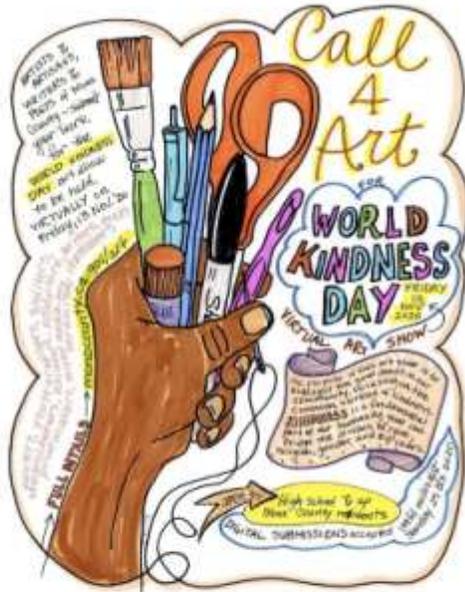


The purpose of **WORLD KINDNESS DAY** is to highlight good deeds in the community because **KINDNESS** is the common thread that unites us all. **NOVEMBER 13**
<http://theworldkindnessmovement.org/>

World Kindness Day is a global day that promotes the importance of being kind to each other, to yourself, and to the world. This day, celebrated on November 13 of each year, has the purpose is to help everyone understand that compassion for others is what binds us all together. This understanding has the power to bridge the gap between nations.

It may be too late to submit items for the following but our library is participating and you can visit the virtual art show on November 13.

Please join Mono County Behavioral Health, Mono County Libraries, and Mono Arts Council in celebrating World Kindness Day (Nov 13)! We are hosting a virtual art show and would love it if you could submit art, photography, poems, writings, and/or crafts that speak to KINDNESS. What does it mean to you during these crazy days of covid, smoke, and upcoming election? Open to Mono Co residents, high school and up! Deadline for digital submissions is midnight, Sunday, Oct 25, 2020. Our virtual opening will be on WKDay, November 13, 2020. Full details: monocounty.ca.gov/art





Set your clock back one hour on Sunday, November 1, at 2 a.m. because Daylight Saving Time ends.

Official credit for the Daylight Saving Time idea goes to a bug collector. The first serious case for DST came from a peculiar place. While working at a post office by day, an entomologist who did most of his bug hunting at night soon became frustrated by how early the Sun set during the summer months. He reasoned springing the clocks forward would allow more daylight for bug collecting, along with other evening activities. The clocks could be switched back in the winter when people (and bugs) were less likely to be found outdoors. When the idea was proposed to a scientific society in New Zealand in 1895, it was panned for being pointless and overly complicated. Just two decades later, Daylight Saving Time would begin its spread across the developed world.

In 1916, Germany became the first country to officially adopt Daylight Saving Time. It was born out of an effort to conserve coal during World War I, and Britain, along with many other European nations, was quick to follow the Germans' lead. In the US, "Fast Time," as it was called then, was first introduced in 1918. A year after entering the war, America began practicing DST as an electricity-saving measure. Most countries, including the U.S., ceased official observation of the switch following wartime.

In 1942, at the height of World War II, President Franklin D. Roosevelt reintroduced the measure, instituting year-round Daylight Saving Time in the US. Referred to as "War Time," DST was in force continuously from February 9, 1942 to September 30, 1945. During this time, the US time zones were called "Eastern War Time," "Mountain War Time," "Central War Time," and "Pacific War Time." After the surrender of Japan in mid-August 1945, the time zones were relabeled "Peace Time."

From 1945 to 1966, there were no uniform rules for DST in the US. This caused widespread confusion, especially for trains, buses, and the broadcasting industry. As a result, the Uniform Time Act of 1966 was established. While granting US states the ability to opt out of DST, the law provided a framework for a nation-wide, synchronized DST schedule, starting on the last Sunday of April and ending on the last Sunday of October.

During the 1973 oil embargo, the US Congress ordered a year-round DST period lasting from January 1974 to April 1975. Not everyone was enthusiastic about the change. Some of the harshest critics were parents suddenly forced to send their children to school before sunrise.

The Energy Policy Act of 2005 extended the yearly DST period in the United States by several weeks. The beginning of DST was moved from the first Sunday of April to the second Sunday of March. The end of DST was moved from the last Sunday of October to the first Sunday in November.

Cogent COVID Comments!!!

- The dumbest thing I ever bought was a 2020 planner.
- Every few days try your jeans on just to make sure they fit. Pajamas will have you believe all is well in the kingdom.
- I swear we are fighting two pandemics—Coronavirus and stupidity.
- Does anyone know if we can take showers yet or should we just keep washing our hands?
- Appropriate analogy. "The curve is flattening so we can start lifting restrictions now" is like saying "The parachute has slowed our rate of descent, so we can take it off now."
- The spread of COVID-19 is based on 2 things:
 1. How dense the population is.
 2. How dense the population is.
- My body has absorbed so much soap and disinfectant that when I pee it cleans the toilet.

“COVID Comics”

**Everyday Covid Check:
At 5PM open a bottle of
wine, smell it, then pour it
in a glass. If you can smell
it and taste it, you are
good. Celebrate by
finishing the bottle. You
are welcome!**



To me, "drink responsibly"
means don't spill it.

After Corona is over. We have to
wear mask like this for 2 months to
get our ears back in place!



**Even in pandemics,
spelling still matters!**



Imagine if in London during the
Blitz there'd been a whole bunch of
people going "I'LL TURN ON MY
LIGHTS IF I FEEL LIKE IT"

For Your Funny Bone!

MEN ARE JUST HAPPY PEOPLE

What do you expect from such simple creatures? Your last name stays put. The garage is all yours. Wedding plans take care of themselves. Chocolate is just another snack. You can never be pregnant. You can wear a white T-shirt to a water park. You can wear NO shirt to a water park.

Car mechanics tell you the truth. The world is your urinal. You never have to drive to another gas station restroom because this one is just too icky. You don't have to stop and think of which way to turn a nut on a bolt. Wrinkles add character. Wedding dress - \$5,000. Tux rental - \$100. People never stare at your chest when you're talking to them.

New shoes don't cut, blister, or mangle your feet. One mood all the time. Phone conversations are over in 30 seconds flat. You know stuff about tanks. A five-day vacation requires only one suitcase. You can open all your own jars.

You get extra credit for the slightest act of thoughtfulness. If someone forgets to invite you, he or she can still be your friend. Your underwear is \$8.95 for a three-pack. Two pairs of shoes are more than enough. You almost never have strap problems in public. You are unable to see wrinkles in your clothes.

Everything on your face stays its original color. The same hairstyle lasts for years, maybe decades, even if you are bald. You only have to shave your face and neck. You can play with toys all your life. One wallet and one pair of shoes - one color for all seasons. You can wear shorts no matter how your legs look.

You can 'do' your nails with a pocket knife. You have freedom of choice concerning growing a mustache... You can do Christmas shopping for 25 relatives on December 24 in 25 minutes. No wonder men are happier!

EATING OUT: When the bill arrives, Mike, Dave and John will each throw in \$20, even though it's only for \$32.50. None of them will have anything smaller and none will actually admit they want change back. When the girls get their bill, outcome the pocket calculators.

THOUGHT FOR THE DAY: A married man should forget his mistakes. There's no use in two people remembering the same thing!

Bon Appétit!

Try this apple pie for Thanksgiving. It has a more intense apple flavor because of the cider reduction.

Apple Cider Pie (from Shirley Curl)

2 cups apple cider
 1/3 cup sugar
 3 tablespoons cornstarch
 2 tablespoons fresh lemon juice
 2 teaspoons vanilla extract
 1 1/4 teaspoons pumpkin pie spice
 7 Braeburn (or Honeycrisp) apples, peeled & quartered
 2 9-inch pie crusts (homemade or pre-made like Pillsbury)

Bring cider to a boil in a heavy saucepan over high heat. Cook until reduced to 1/2 cup (about 20 minutes). Cool completely. Preheat oven to 450°. Combine cooled cider, sugar, cornstarch, lemon juice, vanilla and pie spice in a large bowl. Cut apple quarters into 1/4-inch slices and stir into cider mixture. Fit one crust into 9-inch pie plate coated with cooking spray and fill with apple mixture. Brush edges of crust with water and place second crust on top, pressing edges together. Fold edges under and flute. Cut six 1-inch slits into top crust. Beat 1 egg with 1 tablespoon water and brush top and edges. Sprinkle with 1 tablespoon sugar. Place on a baking sheet and bake for 15 minutes. Reduce oven to 350° and continue baking for 45 minutes or until golden.

Newsletter articles are due by the 15th of each month. Drop them in Jan McPherson's mailbox at the Cast Off or mail/email them to her at PO Box 2859, Mammoth Lakes, CA 93546, 760-934-5813,

**If you boil a funny
 bone it becomes
 a laughing stock.
 That's humerus.**

Dates to Remember



October 31, Saturday	Halloween
November 1, Sunday	Daylight Saving Time Ends
November 5, Thursday	Cast Off Committee Meeting, 3:30 p.m. at the Cast Off
November 11 Wednesday	MHA Board Meeting, 10:00 a.m. at the Cast Off
	Veterans Day
November 26, Thursday	Thanksgiving
November 27, Friday	Black Friday
November 28, Saturday	Small Business Saturday (Black Friday equivalent for small businesses like the Cast Off!)
December 3, Thursday	Cast Off Committee Meeting, 3:30 p.m. at the Cast Off
December 7, Monday	Pearl Harbor Remembrance Day
December 9, Wednesday	MHA Board Meeting, 10:00 a.m.
	Annual Christmas Party, 12:00 noon (hopefully!!!!)
December 21, Monday	First Day of Winter
December 24, Thursday	Christmas Eve
December 25, Friday	Christmas Day
December 31, Thursday	New Year's Eve

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Mammoth Hospital Auxiliary
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